

InsideOut

It's Your Health; Own It!



April 2016

Also In This Issue: Are You a Locavore?; Eat Health Challenge; 2016 & Safety Expo; Fit Tip

How to Keep Stress from Stressing You Out

By M. Susan Vann, PhD

Stress is everywhere. It releases hormones in our bodies that make us irritable, disrupts sleep, causes us to over- or under-eat, and makes us physically sick. Even good stresses can become overwhelming. Sustained stress can be debilitating and make us miserable! Consider the following stress reducing ideas that can lighten this load.

Practice mindfulness. Mindfulness exercises can take a few minutes or may involve a deep, sustained meditation. Simply find a quiet place free of distractions and quiet your mind. Sit comfortably, hush the inner voice, and opt for internal silence. This takes some practice, but just a few minutes of mindfulness can reduce stress tremendously.

Practice gratitude. Choose to focus on positivity in your life with love and gratitude. Practicing gratitude empowers us and tends to attract more positives to us.

Be realistic about what we can and cannot do. Break large tasks into manageable parts and celebrate success for completing each.

Learn to laugh at yourself and the world around you. Contented, successful people laugh frequently; not because they don't have any negativity in their lives, but because they choose laughter in spite of the negatives.

Seek people who build mutual respect. Avoid people who repeatedly provoke, manipulate, or belittle you.



Build a "community." Surround yourself with people that have shared interests and values.

Give yourself the same encouragement you'd give to a close friend. Are you talking to yourself the same way you would to others?

Maintain a good sleep schedule with at least 7 hours of sleep. See a physician or counselor for help with improving sleep. Lack of good sleep sets up a negative feedback loop making all problems seem worse.

Many people benefit from counseling focused on reducing stress. The Employee Assistance Program at HPMC OMS Behavioral Health Services helps Hanford workers and their families develop adaptive and caring ways to resolve problems. For assistance learning to manage any life distress, call 376-4418 or email omcbhseap@rl.gov. Stress doesn't have to dominate our lives!

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Nutrition Basics and Portion Control UPDATED

Healthy eating supports a healthy lifestyle. Learn about food groups, calories, and nutrients.

Tips for Dining Out

Learn how to make healthy choices when dining out.

Reading Food Labels

This interactive presentation will show you how to identify claims and facts.

Fueling Your Fitness

Learn the basics of eating properly to increase your energy, manage your weight, and feel your best.

"Diets" vs. Diet

Make a healthy diet an everyday part of your life.

Are You a Locavore?

We all know the terms carnivore (meat eater), herbivore (plant eater), and omnivore (plant and meat eaters) from our days in grade school studying the food chain, but what is a locavore?

Locavore refers to people focused on eating products that are locally grown and produced. They focus on purchasing food grown within 100 miles, or even producing their own food. Here in the Tri-Cities, we are in the middle of a great farming community. Check out [The Eat Well Guide](#) to see how many farms, farmers markets, and restaurants use locally sourced products.

Some of the benefits of eating locally have to do with environmental impact, economic impact, and nutritional impact. For example, locally grown and produced food doesn't require hundreds or thousands of miles of transportation to arrive at your table, reducing traffic on roadways, carbon emissions from transport vehicles, and money from leaving the community in which it was grown.

Also, locally grown produce is full of flavor and nutrients because it is picked at peak ripeness. This means that important vitamins and minerals haven't begun to deteriorate while in transport or storage. It also hasn't been exposed to as much handling, thus making locally produced food safer from possible contamination.

To start eating locally, visit one of our [local farmers markets](#) this summer. Another resource is the [Seasonal Food Guide](#) from Sustainable Table®, where you can search what produce is in season and plan meals around these fruits and vegetables.

Want to learn more? We can come to your workgroup and discuss "Local Foods and Recreation." Contact 376-3939 or email OMCHEW@rl.gov.



Upcoming Health Promotion Events

April 4	The EAT Challenge Begins
April 13	WorkFit Train the Trainer
April 23	TCCC Spring Into Summer Fun Run
May 10-11	Health and Safety Expo

Meetings on the Move

Add a little fresh air and a change of scenery to your meetings. We all know that physical activity has the power to control weight, increase circulation, and reduce the risk of chronic illness and disease. Just as important, it can also improve your mental health and mood.



Think about it! Walking and talking in a 1:1 setting or small group for just 10 minutes improves engagement, setting the stage for innovative ideas and more productive work. Since finding time in our busy schedules to stay active can be difficult, try a meeting on the move.

When setting up your next meeting, suggest a walking meeting in advance so everyone is prepared. Also, keep your walking shoes and socks at work and don't forget a water bottle. Lastly, leave a note or let a co-worker know you're out.

We Challenge You to EAT Healthy!

The [Site-Wide EAT Challenge](#) is designed to help you fine tune your eating habits to support a healthy lifestyle. Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of April. Earn points by participating in any of the activities listed there.

Don't forget about [Choosemyplate.gov](#) which will be a great resources during this challenge. Click on the links to learn about serving sizes for each food group.

If you accrue at least 135 out of 270 possible points, you will be entered into a drawing for a collection of kitchen gadgets to help you prepare healthy meals!



2016 Health & Safety EXPO Featuring STEM

Come visit our 2016 Health & Safety EXPO exhibit next month! Our HPMC OMS booth will feature the **MEGA Lungs**. The MEGA Lungs provides a highly interactive, educational experience about the respiratory system's most critical organs. You can step inside the human lung model, learn about the various structures and normal lung functions, observe examples of lung trauma and disease, and view displays explaining some of the latest respiratory medical treatments.

Our staff will be there to discuss lung function, the dangers of smoking and occupational respiratory hazards, how to keep lungs healthy, and more!

This year, the EXPO Planning Committee selected the Science, Technology, Engineering, and Math (STEM) Network as the featured topic. Washington STEM was founded to reimagine and revitalize STEM education for every student in Washington. The goal is for all Washington high school graduates to be STEM literate, prepared to complete post-secondary degrees, and thrive in Washington's STEM-driven workforce and society.

The EXPO is designed to engage the community and promote health, safety, science, technology, engineering and mathematics at home and in the workplace. Interactive and educational exhibits will be featured. We invite you to join us at EXPO 2016 and be a part of this positive experience. Admission to the event is free and open to the public of all ages.



THE
MEGA
LUNGS

Health & Safety EXPO 2016

Tuesday, May 10 & Wednesday, May 11

7 a.m. to 7 p.m.

TRAC Center, Pasco

Fit Tip: Spring Clean Your Diet!

Spring has arrived, and with longer days and warmer weather comes a new crop of fresh produce. It's the perfect season to "spring clean" your diet, so out with the heavy fall and winter fare and in with springtime fruits and veggies.

For the most nutritional value, look for in-season produce like strawberries, asparagus, cherries, peas, radishes, fava beans, rhubarb, and leafy greens. For recipes and other ideas for these fresh goodies, check out [Cooking Light](#). For information on the upcoming Tri-Cities area farmer's markets, check out the [Tri-Cities Guide](#).

Mindful Moments With Dr. Kusch, Ph.D.

Mindful gratitude helps rekindle the joy of being alive and living more fully.

Before you know it you are walking through life with your attention on 5pm and figuring out what to have for dinner. Keeping a journal next to your bed and writing down at least one thing that was a positive and unique experience for the day is practicing mindful gratitude. Strive to increase the number of things you identify each day and journal daily for three months. Change will happen!



We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email omchew@rl.gov, or visit us at www.hanford.gov/health for more resources.